CREWS INTO SHAPE

4-WEEK CHALLENGE
MARCH 6 - 31, 2006

NO WEIGH-IN REQUIRED

Challenge Others At Your Unit / Command To "CREWS INTO SHAPE"

"I can actually do more now because of exercising. I feel less tired at work and have more energy when I go home. I'm able to spend more productive time with my family."
2003 "Crew Member"

"Our Crews are competing against each other and it is a fun time here. Good health competition. We have different crew members who are bringing in fruit daily, you see everyone with bottles of water, and PT time is being taken much more seriously."
2005 "Crew Member"

WHY ?
Get your body closer to that fit, healthy, energetic you!

WHAT ?
4-week challenge from 6-31 March 2006, that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and drinking fluids / water.

WHO ?
The entire DoD family is invited on board!

HOW ?
Find 4 to 10 team / crew members
Pick a team / crew leader
For challenger rules, registration information and Crew Leader / Crew Guide, go to:
http://www-nehc.med.navy.mil/hp/crews_into_shape

WHEN?
Register your crew with the Navy Environmental Health Center by *28 February 2006*

Each crew member who completes the challenge receives a certificate.
Top-scoring Crews win T-shirts.

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